

Happy Chinese New Year! 祝大家新春快樂!

To You & Your Family
Wishing you all a Prosperous
Year of the Monkey with every
blessing!

恭祝您猴年
裝滿一車幸福讓平安開道
拋棄一切煩惱讓快樂與你擁抱
存儲所有溫暖將寒冷趕跑
釋放一生真情讓幸福
永遠對你微笑!

Theme Sharing

5th Sunday in Ordinary Time

Be a Fisherman of Men

The theme of today's scripture readings, taken from *Isaiah 6:1-8*, *1 Corinthians 15:1-11* and *Luke 5:1-11*, is on vocation and acceptance of God's calling for the sake of the gospel.

We can imagine Luke's joy when he wrote the passage of today's gospel. Now at an important moment in his public ministry, Jesus is gathering his disciples. He is set to mobilize his Church to carry out his mission on earth. He assumes his role of Teacher and, for the first time, entrusts responsibilities of his mission to Simon (later to be called Peter). As this is indeed a solemn moment in the Church's history, Luke describes the event vividly in detail in the gospel.

Simon and his fellow fishermen were all amazed at the miracle on the catch of so many fish. In humble adoration with bended knees, Simon said to Jesus: "Go away from me, Lord, for I am a sinner." What follows is the climax of today's gospel, with Jesus saying to Simon, "*From now on, you will be a fisherman of men.*" In other words, Simon would no longer catch fish and would instead catch people and bring them to the Church established by Christ. Simon promptly accepted his calling to be a "fisherman of men". He and his fellow fishermen left everything and followed Christ. A similar picture is painted in the first reading on the calling of Isaiah. Isaiah had a vision inside the temple in Jerusalem and, like Simon, he

was overwhelmed with fear. He cried out: "Woe is me! I am doomed to die, for I am a man of unclean lips, and I live among a people of unclean lips; yet my eyes have seen the King, the Lord of hosts!" Then an angel of the Lord touched Isaiah's mouth with a piece of red-hot coal taken from the altar, and cleansed all his guilt. Thereupon, Isaiah accepted God's calling to be his prophet.

In today's responsorial psalm, from Ps. 138, we praise God for his unceasing love and careful watch over us: "Lord, your steadfast love endures forever; do not forsake the work of your hands." Indeed, God is all-loving and he will never abandon his Church. Even to this day, numerous people receive calling from God who will cleanse them with red-hot coal. Like Isaiah and Simon, these men and women are willing to leave everything behind to follow Christ and be fishermen of people for God.

Jesus energized the apostles with the fish-catching miracle. He is still doing the same for the Church through the Holy Spirit. No persecution can ever stop the Church from doing its work to proclaim the good news to the ends of the earth. This explains why a lot of men and women today are responding to God's calling: "*Whom shall I send?*" with the answer: "Here I am, Lord!"; accepting without hesitation to God's invitation to be "fishermen of men".

Rejoice in God's Mercy

This coming Wednesday is Ash Wednesday. The Ash Wednesday Gospel opens the season of Lent by focusing our attention on prayer, almsgiving, and fasting. The Gospel passage is taken from Jesus' Sermon on the Mount wherein he tells the disciples that he has come not to destroy the Law but to fulfill the Law through love. The Law of love is not about external appearances but about the truth in the heart. Lent is a time to evaluate the integrity of our lives through our relationship with God, with others, and with ourselves. It is less important how we appear to others than how God sees us in secret.

Action: Make a plan for expressing prayer, fasting, and almsgiving this Lent.

Misericordiae Vultus

Extraordinary Jubilee of Mercy
Francis, Bishop of Rome, Servant of The

Servants of God, to all who read this letter
Grace, Mercy, and Peace.

I will never tire of insisting that confessors be authentic signs of the Father's mercy. We do not become good confessors automatically. We become good confessors when, above all, we allow ourselves to be penitents in search of his mercy. Let us never forget that to be confessors means to participate in the very mission of Jesus to be a concrete sign of the constancy of divine love that pardons and saves. We priests have received the gift of the Holy Spirit for the forgiveness of sins, and we are responsible for this. None of us wields power over this Sacrament; rather, we are faithful servants of God's mercy through it. Every confessor must accept the faithful as the father in the parable of the prodigal son: a father who runs out to meet his son despite the fact that he has squandered away his inheritance. Confessors are called to embrace the repentant son who comes back home and to express the joy of having him back again. Let us never tire of also going out to the other son who stands outside, incapable of rejoicing, in order to explain to him that his judgement is severe and unjust and meaningless in light of the father's boundless mercy. May confessors not ask useless questions, but like the father in the parable, interrupt the speech prepared ahead of time by the prodigal son, so that confessors will learn to accept the plea for help and mercy pouring from the heart of every penitent. In short, confessors are called to be a sign of the primacy of mercy always, everywhere, and in every situation, no matter what.

To Be Continued.

Diocese & Other News

COME AND SEE WEEKEND

A priestly vocation discernment weekend will take place at St Joseph Major Seminary in Edmonton on the weekend of February 26-28, 2016. (Begins Friday evening and ends after the noon lunch on Sunday.) Please register by February 16. For more information and to register contact the Office of Vocations at 403-245-2753 or mjgaffney@telusplanet.net

Vocation Discernment Overnight

Thinking about religious life? Does the spirituality of finding God in all people, events, and places of your life appeal to you? Are you interested in active, apostolic life as

a missionary? Prayer, input, conversation, opportunities to meet lots of FCJ Sisters, delicious food, and good fun guaranteed! WHERE: Sacred Heart Convent, 219 – 19 Avenue S.W., Calgary.

WHEN: Friday, Feb.12 to Sat., Feb. 13, 2016; TIME: begin with 5:30 supper with the FCJ community. End after supper and movie, Saturday evening.

COST: A donation of \$20 to cover expenses suggested

Contact Sr. Terry Smith, f.c.j at

tksmithfcj@yahoo.ca or call 403-228-3623.

Parish Activities

24 th World Day of The Sick February 11

Theme: Entrusting Oneself to the Merciful Jesus like Mary: "Do whatever he tells you" (Jn 2:5)

On February 11, the annual celebration of the Feast of our Lady of Lourdes. On this day, the ill are encouraged to reflect on the Christian meaning of suffering. The occasion also provides an opportunity for those involved in health care to recall the roots of their healing mission. Please pray for the sick!

The 9:00am Mass on February 11, and all the masses on Feb 14 will be dedicated to the sick. Fr. Joseph will anoint those sick parishioners attending the 11:30 am Mass . We will reserve seats for parishioners who would like to be anointed on that day. Parishioners can pick up World Day of the Sick prayer cards at church entrances.

Extraordinary Jubilee of Mercy

For Extraordinary Jubilee of Mercy, our Parish will distribute the Extraordinary Jubilee of Mercy booklet to parishioners. Please pick them up at the church entrances and pray more at Lent.

ASH Wednesday

According to Bishop Henry's instruction, ashes cannot be distributed on the first Sunday of Lent. Our parish will therefore celebrate Ash Wednesday on: February 10 at 9:00 am Mass(English) and 6:30pm Mass (Chinese) It is time to get ready for a new Lenten journey. Parishioners are encouraged to join daily mass and Way of the Cross in Lent.

Fasting and Abstinence

1. Among Catholics, fasting is a reduction in the normal amount of food consumption per day: one regular meal plus two other smaller meals without the provision of snacks during the Holy Days of observation (Ash Wednesday and Good Friday).
2. Among Catholics, abstinence is the omission of meat and other meat products, except fish, in the diet during the Holy Days of observation (Ash Wednesday and Good Friday).
3. Abstinence is practiced by a wider age group of Catholic individuals 14 and up as opposed to fasting which is practiced by Catholics aged 18 to 59.

The sacrament of Reconciliation

As part of the Year of Mercy, the Diocese of Calgary invites you to re-discover the meaning of the sacrament of Reconciliation in your life. In addition to the regular parish schedule, the sacrament of Reconciliation will be available at parishes throughout the Diocese of Calgary all the Wednesdays of Lent (February 17, 24, March 2, 9, 16, and 23) from 7:30 – 8:30pm.

OLPH Way of the Cross in Lent

Starting from February 12
English: every Friday 8:30 a.m.
Cantonese & Mandarin:
every Saturday 4:30 p.m.

Chinese New Year's Thanksgiving and Blessing Mass

Chinese New Year's Thanksgiving and Blessing Mass will be held on February 8 (Monday) at 9:00a.m.

Words of Life Reflection

For everything in the world – the craving of the flesh, the greed of eyes and people boasting of their superiority – all this belongs to the world, not to the Father. The world passes away with all its craving but

those who do the will of God remains for ever.

(1 John 2:16 、 17)

Weekly Activities

Wed, Fri Feb 10, 12

OLPH Senior Centre

Time: 9:00a.m.-12:00 noon

Place: OLPH Church Upper Hall

Wed Feb 10

St. Angela School Ash Wed Mass

Time: 9:00a.m.

Friday Feb 12

Wing Kei Greenview Mass

Time: 10:00a.m.

Place: 307- 35 Ave. N.E

OLPH Scout

Time: 6:30pm.-8:30pm

Place: Upper Hall & Lower Hall

Saturday Feb 13

Legion of Mary (meeting)

Time: 9:45a.m.

Place: K of C Room at OLPH Church

Faith Sharing Group (N.E)

Time: 10:30a.m.-12:00noon.

Contact: Sr. Sze 403-230-3801

Tai Chi Lesson

Time: 10:00 a.m. - 12:30p.m.

Place: OLPH Church Lower Hall

Yoga beginner class

Time: 11:30 a.m. - 12:45p.m.

Place: OLPH Church Upper Hall

R. C.I.A (Mandarin)

Time: 3:00 p.m. - 5:00p.m.

Place: K of C Room

Catholic Family Fellowship

Time: 5:00p.m.-7:30p.m.

Place: OLPH Upper Hall

Young Adults Faith Sharing

Time: 5:00p.m.-8:00p.m.

Place: OLPH Lower Hall

Faith Sharing Group (N.W.)

Time: 7:30p.m.-10:00p.m.

Contact: Anna Tam 403-285-5023

Sunday Feb 14

R. C.I.A (Cantonese and English)

Time: 9:30 a.m. - 12:30 p.m.

Place: OLPH Church Lower Hall

Chinese New Year Banquet

Time: Reception from 6:00 p.m.,

dinner at 6:30 p.m.

Venue : Regency Palace Seafood

Restaurant

Stories Faith Sharing

True Satisfaction

A Quaker had this sign put on a vacant piece of land next to his home: "THIS LAND WILL BE GIVEN TO ANYONE WHO IS TRULY SATISFIED."

A wealthy farmer who was riding by, stopped to read the sign and said to himself, "Since our friend the Quaker is so ready to part with this plot, I might as well claim it before someone else does. I am a rich man and have all I need, so I certainly qualify." With that he went up to the door and explained what he was there for. "And art thou truly satisfied?" the Quaker asked. "I am, indeed, for I have everything I need." "Friends," said the Quaker, "if thou art satisfied, what dost thou want the land for?"

Read More Know More

ASHES

Let us do a little thinking about what happens on Ash Wednesday. When the priest puts ashes on your head, he speaks the solemn, serious words: "Remember man that thou art dust and unto dust thou shalt return."

Ashes tell us more loudly than words that death will reduce our bodies to a little handful of dust or ashes. Ashes remind us that this body, no matter how beautiful, no matter how brawny, no matter how healthy, will break down, will wither and die and turn to ashes.

FASTING

For forty days our Lord fasted. He ate nothing. For this reason Mother Church asks those who can to fast also, to cut down on food and drink, in imitation of Jesus. But, kind Mother that she is, the Church realizes that many of us, weak children of Adam, working for our bread in the sweat of our brow, or even worse, not being able to work when we want to, cannot keep the strict fast from food.

Accordingly she dispenses those who work hard, the sick and convalescent, and others who have some valid excuse. However, do not take it upon yourself to dispense yourself. Ask your priest either in or out of the confessional to dispense you and to give you some other penance as a substitute. Too often lukewarm Catholics excuse themselves from fasting and then do no penance at all. Everybody must do some

penance.

主日分享

常年期第五主日

漁人的漁夫

彌撒中的兩篇讀經和福音分別取自依撒意亞先知書第 6 章第 1 到 8 節，聖保祿宗徒致格林多人前書第 15 章第 1 到 11 節（短式：第 15 章第 3 到 8 以及 11 節），聖路加福音第 5 章第 1 到 11 節。福音與讀經一都講一個聖召的故事。

我們很容易感覺到聖路加在撰寫本主日的福音記載時的內心快樂。耶穌在聚集了祂的門徒之後，要開始在群眾中間履行自己的任務。祂已動員了祂的教會，現在要以群眾老師的身份親自出場。這是一個重要的時刻。在這時刻，聖伯多祿宗徒要從耶穌手中領受祂的使命。聖路加特意佈置了一個隆重的場面，把耶穌的話語記錄得特別莊嚴，來強調這一事件在教會歷史上的重要性。

西滿和他的同伴，見到了捕魚奇跡，都十分驚訝。伯多祿十分謙遜地崇拜了無窮偉大的天主。他謙遜地說：「主啊！請遠離我吧！因為我是個罪人哪！」

接著便是本主日彌撒福音記載的頂峰。「從今以後，你要做漁人的漁夫！（你將網羅的，是人。）」從此，宗徒們拋棄了一切，去跟隨耶穌，聖伯多祿則領受了他作「漁人的漁夫」的使命。在本主日的彌撒福音中聖路加已經描繪了教會的藍圖。這教會將在聖神降臨那天彰顯出來。

讀經一記載依撒意亞先知蒙召的故事。在耶路撒冷聖殿裡所經驗的一個神視中，看見了天主的聖德。他也像聖伯多祿宗徒一樣，驚恐失色，喊著說：「我有禍了！我命不久矣！因為我是唇舌不潔的人，住在唇舌不潔的人民中間，竟親眼看見君王、萬軍的上主！」跟著天使用一塊火紅的炭，消除了他的罪孽，派給了他先知的任務。本主日彌撒中的答唱詠援引聖詠第 138 首的話語祈求仁慈的天主，說：「上主，你的慈愛永世無窮，不要放棄你親手創造的傑作！」是的，天主無窮

慈愛，並沒有放棄祂的教會。今日仍有許多人，接觸了天主的崇高聖德。天主也用火紅的炭，潔淨他們；他們也便拋棄了一切，去跟隨基督，去作漁人的漁夫。

從前耶穌在捕魚的奇蹟中給予宗徒們的生命活力，今日仍在教會內繼續產生作用，歷史上的任何迫害都不能撲滅它。「你要做漁人的漁夫！」這句話在今日的世界上仍舊不斷地響亮著，任何事件或人物都不能削弱它的號召力。 節錄自梵蒂岡電台

慈悲面容

慈悲特殊禧年詔書

天主眾僕之僕、羅馬主教方濟各願所有閱讀本函的人士，充滿恩寵、慈悲及平安

我會不厭其煩地重申，聽告解者乃是天父慈悲的真實標記。我們不會自動成為優秀的聽告解者。祇有當我們設身處地，容許自己成為懺悔者，尋求上主的慈悲，我們才會成為優秀的聽告解者。請不要忘記：作為聽告解者，是參與耶穌的使命，成為堅定不移的神聖之愛的具體標記；這神聖之愛常常樂於寬恕和拯救。我們作司祭的，領受了聖神之恩，為赦免罪過，而我們也要為此負責。我們並沒有玩弄和好聖事之權，反之，我們要透過和好聖事，做天主慈悲的忠誠僕人。每位聽告解者接待信友時，必須如同浪子比喻中的父親：走上前迎接兒子，縱使兒子揮霍了自己的家產。聽告解者的召叫，是擁抱悔改的兒子返回家園，並因兒子回家而洋溢歡樂。讓我們也不厭其煩地走出去，走到那站在外邊、無法歡慶的另一個兒子，給他解釋：他的判斷，在父親的無限慈悲面前，顯然是嚴苛、不公和毫無意義的。請聽告解者不要問無用的問題，卻要如同比喻中的父親，打斷浪子預先準備好的講辭；請聽告解者學習接納每位懺悔者從心頭湧出對獲得援助和慈悲的央求。簡而言之，時時處處，任何境況，無論如何，聽告解者都是被召作以慈悲為首要的標記。 待續

堂區活動

第 24 屆世界病人日 2 月 11 日

主題是：「如同聖母那樣信賴仁慈的耶穌：祂無論吩咐你們什麼，你們就作什麼。(若 2:5)」

第 24 屆世界病人日將於 2016 年 2 月 11 日舉行，這天正是露德聖母顯現日。請大家為所有病人祈禱！

本堂將於 2 月 11 日早上九時彌撒及 2 月 14 日的主日彌撒中特別為病患者祈禱，而阮神父將在十一時三十分彌撒中為有需要的病人教友傅油祝福。當天本堂將預備部分座位給予傅油的教友。教友可於教堂入處索取世界病人日祈禱咭。

農曆新年感恩彌撒

二月八日(星期一) 早上九時。歡迎所有教友一同參加，共同感謝天主過去一年及新一年的眷顧！

慈悲特殊禧年小冊子

為了響應慈悲特殊禧年，本堂特別編印慈悲禧年小冊子，教友可於教堂入口處索取並在四旬期多作祈禱！

聖灰瞻禮

二月十日星期三是聖灰瞻禮。本堂將於當日九時彌撒(英文)為教友施放聖灰。此外，根據亨利主教的指引，在四旬期第一主日不可施放聖灰，阮神父將於聖灰瞻禮當天晚上六時三十分加開中文彌撒，以方便教友領受聖灰，請各位教友能盡量參與。在四旬期內，我們可作特別的努力，每天參與彌撒、每天朝拜聖體或拜苦路。

教友當日要守大小齋

小齋：教會規定凡已足十四歲的教友，在每年的聖灰禮儀及聖週內星期五紀念基督聖死日，應守小齋，即在那兩天放棄取用熱血動物的肉類食物。

大齋：教會要求年齡已滿十八至五十九歲的教友在每年的聖灰禮儀及聖週內星期五紀念基督聖死日，應守小齋外，還要守大齋，即在那兩天只可飽食一餐，其他兩餐只可進食少許食物，其餘時間可飲流質飲品，但不能進食其他食物(藥物除外)。

四旬期苦路善功

在四旬期內二月十二日開始，按教會傳統，將舉行苦路善功，以紀念主基督為拯救人類，所受的苦難聖死。請教友盡量抽出時間前來參與。

英語拜苦路：

逢週五早上彌撒前 8 時 30 分

粵語國語拜苦路：

逢週六下午彌撒前 4 時 30 分

四旬期悔罪禮

卡加利教區內所有教堂在四旬期內逢星期三(

2 月 17、24、3 月 2、9、16 及 23 日)

晚上 7 時 30 分至 8 時 30 分，將開放給教友辦告解聖事。教友應盡量參與與天主修合，以準備主基督的來臨！

四旬期善功

今年為 慈悲禧年，本堂將舉辦一項名為「行善功、做補贖、拜苦路、等復活」活動。在四旬期內逢星期五上午十時，在本堂舉行中文拜苦路及清潔聖堂。使我們加深認識天主的慈悲。歡迎主內各兄弟姊妹參加。

每週生活聖言反思

原來世界上的一切：肉身的貪慾，眼目的貪慾，以及人生的驕奢，都不是出於父，而是出於世界。這世界和他的貪慾都要過去，但那履行天主旨意的，卻永遠存在。(若壹 2:16、17)

活動一週

星期三、五 2 月 10, 12 日

永援聖母松柏軒

時間：上午 9 時至正午 12 時

地點：永援聖母堂上禮堂

星期三 2 月 10

St. Angela School 參與聖灰瞻禮

時間：上午 9 時

地點：永援聖母堂

星期五 2 月 12 日

榮基翠景護老中心(彌撒)

時間：上午 10 時

地點：307- 35 Ave. N.E

永援聖母堂童軍

時間：晚上 6 時 30 分至 8 時 30 分

地點：永援聖母堂上下禮堂

星期六 2 月 13 日

聖母軍

時間：上午 9 時 45 分(開會)

地點：聖堂二樓騎士會室

東北區信仰小團體聚會

時間：早上 10 時 30 分至 12 時

聯絡：施修女 403-230-3801

楊式太極班

時間：上午 10 時至 12 時 30 分

地點：永援聖母堂下禮堂

瑜珈初班

時間上午 11 時 30 分至 12 時 45 分

地點：永援聖母堂上禮堂

成人慕道班(國語)

時間：下午 3 時至 5 時

地點：聖堂二樓騎士會室

公教家庭

時間：下午 5 時至 7 時 30 分

地點：永援聖母堂下禮堂

大專青年團信仰分享

時間：下午 5 時至 8 時

地點：永援聖母堂下禮堂

信仰小團體(西北區)

時間：晚上 7 時 30 分至 10 時

聯絡：Anna Tam 403-285-5023

星期日 2 月 14 日

成人慕道班(粵語及英語)

時間上午 9 時 30 分至 12 時 30 分

地點：永援聖母堂下禮堂

新春團拜晚宴

時間：晚上 6 時恭候，

6 時 30 分入席

地點：富麗宮海鮮大酒家

心靈小品**也談更新**

「除夕」按詞海釋義：舊俗陰曆十二月末日之夜為「除夕」，明日即另換新歲也。

舊式中國家庭 — 偶間有等長者輩仍有如斯傾向，對舊東西都依依不捨，棄置之前，必三思而後行。要知，破舊的東西，會有礙家居衛生之嫌；而且堆積得多，也令居室有侷促之感，在這個情況之下，「除夕」前的大掃除風俗，允稱明智。而且，在風俗習慣的薰陶之下，大家自動自覺的去做，更屬上乘。昔日更加上燃點鞭炮，不

期然的把蛇、蟲、鼠、蟻，驅除得一乾二淨。居住環境的清潔衛生工作，幹得有聲有色。

新年、新春、新人，多有意義的詞。新年，帶給人新的機會，去嘗試幹好以前未能幹得好的事。

新春，為農事人家，是耕作開始的時候，在它身上他們都寄託著豐收的希望。在四季分明的地域，新春極富「希望」的象徵意義。在冰封世界，新春更是再生之機，萬物復甦，蠢蠢欲動。新人，是修行的人的理想，日日新，作新民。今日之我，已非昨日之我，意味更豐富生命的成長。春天，使人對德性上的境界的想像有立體感。「春風得意馬蹄疾」，「踏花歸去馬蹄香」，既寫景，又描人。

教會的春天 — 復活節的時期是四旬期，教友們守齋、克己，務使死於罪惡，活於基督，打個「蟬蛻」之姿。

靈修小故事

精神病人

有一所精神病院的院長，有一天他叫了一個病人來，對他說：「根據我們的觀察，你這幾個月有很大的改變，你開始會說謊、會偷東西還會欺負新來的.....，很多正常人會做的壞事，你都會做了，所以我們決定讓你提早出院。」

病人回答：「院長，可不可以晚幾天，因為再過兩天，我就可以領到生活津貼了。」

院長大怒：「你馬上給我出院，你簡直就是一個正常人了，沒有資格再住精神病院。」

默想：

這是一個很諷刺的笑話，正常人必然會做許多的壞事，是許多精神異常的人做不到的；現在就讓我們在靜默禱告中求主光照、鑒察我們的心，不容任何惡念在我們裡面橫行。

知多一點點

為何要禁食

在舊約時代，人們悔改時都有用禁食的方法轉化天主的義怒。耶穌自己也

用禁食的力法克制魔的三個試探。聖五傷方濟各更敦促他的修士們每年守三次四十日的齋戒再加上每星期五守齋。

關於禁食的問題；耶穌說：「伴郎豈能當新郎與他們在一起的時候悲哀？」(瑪 9: 15)。但是耶穌已升天，回到自己的光榮中。我們在期待祂的光榮再來時，禁食就成為我們期待的記號。為何聖母要重新教育我們呢？相信是因為這個時代太注重物質、利益、財富和貪婪。聖母邀請我們祈禱和禁食。藉著祈禱，我們依附天主；藉著禁食，我們從束縛我們的世物中釋放出來。禁食可以令我們心靈自由，禁食是幫助肉身的歸依。私慾偏情令我們內心受束縛。當我們不受身外物束縛時，便是由私慾偏情中釋放出來。這種自由會讓位給一些更高的價值，至令我們平安快樂。

當我們自以為是生命的主人，好像不需要天主時，我們便顯示了無神主義危險記號。當我們禁食時，便更加認識到自己的軟弱和不足之處，同時也更易明白天主的旨意。真福八端的第一端說：

「神貧的人是有福的，……」用另一個方式來說，就是：「尋求和渴望天主的人真有福。」如果有人認為自己已能自給自足，不需要自身以外的任何事物，這人在天主前不算是神貧。因為他相信他不需要天主，祈禱也為他有困難。但當我們禁食時，這種假信念會幻滅，我們會對天主更加開放。換句話說：當我們禁食時，我們更易祈禱；當我們祈禱時，我們更易禁食。